

Useful Hints

Woman and Home

Ethical Talks

The Morning Story

AMABEL'S DESIRE.
By Bryant L. Rogers.

"My greatest desire," repeated Miss Amabel Walton. "Why, my dear, I am such a very contented old person that I'm afraid all of my wishes have been gratified."

"Old?" scoffed Stella Mayse. "As if you could ever grow old!"

It is because you look so contented, Miss Walton, that Stella and I wonder if you really suffered from an ungratified desire. Marion Reeves smiled at her instructor with lustrous gray-green eyes.

Miss Walton looked dreamily at the gray old college buildings wearing their ivy green mantles with dignified submission to the passing years, and a tender smile touched her soft lips.

"There is one unfulfilled wish that haunts my hours," she admitted at last. "I knew it," triumphed Stella.

"Do you mind telling us about it?" asked Marion.

"It is such a simple wish that you will wonder why I have not gratified it—I am dying to wear pink—a soft rose pink gown—there, am I not perfectly idiotic?"

The little teacher of music at Pen-ton College looked appealingly at the sympathetic girlish faces of her favorite pupils.

"Why don't you wear it, then?" marvelled Stella.

Miss Walton touched her beautiful snowy hair. "Because it would be so absurd—at my age. But how I longed to wear it when I was a child! I lived with a maiden aunt who was severely plain in her beliefs. I was permitted to wear gray or brown or blue—but pink was looked upon as a frivolous color, and so it was banned from my wardrobe."

Miss Walton had a maid who once told me that pink was most unbecom-ing to me—it made me look yellow. So I never wore pink. I remember, when I was a child, I had a pink dress, and with it I threw away my last hope of wearing the beautiful color of hope and youth. As the years passed on and I became a mother, I could choose colors. I never bought a pink frock, though I longed to—I believed it to be unbecom-ing, and the years have gone by and I've worn black and white and blue and gray, and lavender, but never a bit of pink—and there is my ungratified wish!"

Miss Walton's soft brown eyes were very bright when she finished and there were two pink spots in her unwrinkled cheeks. With her snow white hair she was beautiful and the hair which might have added weight to her years also lent a freshness and bloom to a youth which was not very distant.

"But that is no reason why you should not wear pink now, dear Miss Walton," insisted Marion. "Do—please!"

"Please," added Stella.

"My dear, I am forty-eight!" protested Amabel tragically.

"A woman is as young as she looks!"

"And you look very, very young indeed. Won't you wear a pink frock to the October reception?"

Miss Walton hesitated. "I must have a new frock," she admitted.

"Do let us go to town with you and select it," urged the girls, and at last Amabel Walton consented.

That night, at the October reception Amabel regarded her reflection in the mirror with mingled distrust and delight.

"Could that charming being daintily gowned in rose pink crepe de chine be Miss Amabel Walton?" inquired the French teacher. "What had she worn at other receptions? Black, of course—soft white frocks—once a dainty violet crepe charming but not new."

In this delicate pink creation she looked a slender girlish figure—like one of those Dresden china bits on her mantelpiece.

The door burst open and Stella and Marion stood there in their simple white frocks.

"Oh, Miss Walton!" they gasped in delight and were very silent.

"Do I look very—foolish?" she asked at last.

"You look heavenly!" cried Stella enthusiastically, while Marion bent and kissed her soft cheek.

There was a murmur of surprise in the room when Amabel entered with Stella and Marion.

There was such a transformation from the plainly gowned little music teacher that Miss Bryant, the French teacher, elevated her sandy eyebrows and whispered ironically to Professor Hanford.

Professor Hanford frowned and his eyes followed Amabel's undulating form with such a mixture of admiration and wistfulness in their depths that mademoiselle turned quite yellow with jealousy. The rude remark of a thoughtless student added to the French woman's discomfort.

"Dear me!" whispered the freshman at mademoiselle's elbow. "doesn't mademoiselle look a fright!"

"Quite like an egg salad with plenty of mayonnaise," returned her companion in the same giggling whisper.

Mademoiselle swept away and Professor Hanford, glad of his release, wandered aimlessly around until he came upon Amabel sitting alone in the deep bay window, a roll of music in her hand and her brown eyes shining with unshed tears.

"You are to play for us?" asked the professor in a pleased tone.

Amabel shook her head and essayed a faint smile.

"Marion Reeves is going to sing—I am to play her accompaniment."

"Professor Reeves looked down at her with infinite tenderness in his eyes. 'You—you are distressed?' he asked, shyly."

The tears fell. "I am so foolish," quivered Amabel. "I have worn this ridiculous frock—"

"Ridiculous?" interrupted the professor. "It is charming. I am wondering why you do not wear it always."

"I am too old to wear pink!" sighed Miss Walton without conquest.

"A woman is never too old to wear what is so infinitely becoming," protested the Greek instructor eagerly. "It is a pity that more women do not understand the art of dressing becomingly. Now, pink—pink is my favorite color."

Something in his tone made Amabel blush.

"Is mine, too?" she said hurriedly, and then she went on and told him the pathetic little story of her drab-colored childhood.

When she had finished he nodded his head sagely. "You are quite right to wear it, and I am glad that it will always be charming upon you, and it is the color of hope and youth. Miss Walton, and even to a dry old bachelor like myself it seems to brighten a rather dull future; it emboldens me to tell you a secret about myself—and my love—for you!"

When Marion Reeves came to find her accompanist, there was no mistaking the situation. The quiet-eyed girl read it in the face of Amabel and the professor, and a charming smile broke the sweet gravity of her face.

"Can you spare her to play for me, Professor Hanford?" she asked.

"For only three weeks," admitted the happy man, as he relinquished Amabel's trembling little hand. "You shall

be the first to hear the good news of our engagement—and I would never have found courage to ask her if it had not been for the pretty rose-colored frock."

"Blessed be pink!" laughed Marion, and as she went away with her arm around Amabel Walton she smiled over her shoulder at the man.

"I am going to sing 'Roses, Roses Everywhere,' and I am going to sing it for just you two!"

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OLD, YET NEW
Fetiching Spring Shape



The return of the sailor hat is very welcome, as it goes so well with the tailored garments that are so fashionable this season. They are seen in all sizes and in all kinds of straw. The coarse straws are the newest.

Everybody Can Exercise
BY LILLIAN RUSSELL.

There seems to be more or less general supposition that a gymnasium or country club is necessary to fulfill a desire to exercise. Such is not the case. You can exercise on the porch, in the yard or in your room, if you use your room, see that the windows are wide open. Fresh air is essential. You are fortunate if you can have an expert to outline a course of exercise to suit your particular case. But any one of those experts will tell you at once that expensive equipment and country club memberships are not necessary to physical development. If it were so only the fortunate rich could be beautiful. You may find more pleasure in exercising with a high-priced equipment, but you can derive just as much benefit from ordinary gymnastics before an open window of your room. Golf and tennis are delightful games, but there are equally beneficial exercises which you can enjoy without access to greens and courts.

I have little patience with women and girls who neglect physical culture merely because they do not have a chance to exercise in a fully equipped gymnasium. They are the ones who would not persistently exercise even under the most favorable conditions. A city girl who neglects her physical development is a disappointment to her family and to society. If she concludes that she does not have an opportunity for physical development.

The best exercise in the world is walking, but it must be proper walking, not through shoes or upon crowded streets, but walking out in the open away from crowds. Properly-shod feet and comfortable skirts are essentials. Of course, there are days when the weather prevents walking, then some calisthenic exercises can be done in a room. Of course, the luxury of a well-equipped gymnasium is not to be ridiculed, but it is not necessary to the development of beauty.

It is possible in every city to secure, at a low cost, the privileges of properly equipped gymnasiums, swimming pools, tennis courts, bowling alleys, etc. But if even that minimum cost is prohibitive, there is still no reason why every woman should not exercise.

Remember: Some housemaids are better developed than their mistresses who employ them.

Lillian Russell's Answers.

Carrie: I am at a loss to understand just exactly what you mean by helping to make you beautiful. How do I know that you are not beautiful now? You did not tell me of any of your defects, so you see how impossible it would be for me to tell you what to do to improve your appearance. If you will write me again, telling me in just what way you would like to improve your looks, I shall be happy to do anything I can for you.

Jean: Clothing wet in hot witch hazel and placed over the nose will reduce the

pores, but you must be careful to cool the face before going out into the air. This is an excellent formula for large pores. One and one-half ounces of witch hazel, one-half ounce of tincture of benzoin, one ounce of spirits of wine, and five ounces of orange flower water. Put the tincture of benzoin in an eight-ounce bottle with the spirits of wine, add the other ingredients, previously mixed, and shake slightly. Apply this

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Shortwaisted Effect



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wash with a sponge night and morning. This lotion not only will correct coarse pores, but it will remedy oiliness of the skin.

T. S. A.: If you have a good complexion and unless your nose is shining, I think it would be best for you not to begin using powder. Little fifteen-year-old girl. Cleanse your face thoroughly each day by using a good, pure bland soap, so as to keep the dirt from clogging the pores.

Ethel—Good health alone will give you rosy cheeks. Pure air, pure water, and pure food are the first essentials to a good complexion. So are sunlight, out of door exercises and sleep. You cannot have a good complexion if you stay up till 12 o'clock every night, even if you do have to get your lessons before going to bed. It would be much better for you to retire about 10 o'clock, get a good night's rest, and finish your school work in the morning. You would then be fresher and have a clearer mind. Do not eat too much pastry and sweets. Drink plenty of water between meals.

Helen—Age does not count at all in the development of the bust. It is the constant practice of the exercises with the aid of deep breathing that counts. Just double your ribs as tightly as you can, bringing them together in front with the arms raised so as to be horizontal. While keeping your arms on a level with your shoulders, slowly separate your ribs as widely as possible. Do this 100 times every night. Be sure to eat fat-making foods, plenty of butter and fat of meat, drink cream and milk, sleep lots, and don't worry. A massage with warm cocoa butter around and upward along the glands will enlarge the breasts.

Dr. Brady's Health Talks
WHAT SHALL WE WEAR?

That the red flannel, indicated, and thoroughly unsanitary "chest protector" is an unhealthful contrivance of a benighted age, is now generally admitted. Yet we still encounter a more dangerous, if not so unsanitary garment occasionally, and that is the fleece-lined cotton shirt. This style of underclothing ought to be made illegal, for the fleece-lined garment is too warm indoors and too clammy and cold outdoors. Besides, it keeps the skin choked with its own perspiration, there being little or no evaporation possible through the close-matted cotton lining.

A light weight, knitted, porous woolen union suit is less bulky and less uncomfortable indoors, and it permits the perspiration to pass through and evaporate. Wool is a slow conductor of heat, in contradistinction from cotton, which is a fast conductor of heat. Encased in a thin, porous layer of wool underclothing you do not experience that chilling sensation on leaving a warm room and going out in the cold. Nor do you drown in your own perspiration indoors.

Woolen underclothing keeps the circulation more evenly balanced. If you have "cold feet" or "weak blood," "poor circulation," wool is your indispensable armor. It is the nearest thing ever invented to the original coat of hair with which mankind was endowed. Of course, woolen stockings should be worn with woolen underclothing.

If you are perfectly comfortable with cotton or linen underclothing, then stick to your choice. If you are susceptible to cold hands and feet, perspiring hands or feet, chilliness, "poor circulation," you will find that porous, knitted wool underwear makes you more comfortable during two-thirds of the year. Underclothing should be adapted to serve as a protection against the sudden change from outdoors to indoor temperature, and vice versa; it should not be worn to keep you warm, for outer wraps will best serve that purpose. Woolen underclothing is hygienic for the same reason that the hair on the head is hygienic—it protects you from excessive cold and excessive heat as well. For you must remember that the average individual

suffers more by far from "exposure" to indoor, vitiated air than from any kind of weather.

Questions and Answers.
White Spots on Nails: What is the cause of white spots on the nails? Has nervousness anything to do with it?
Reply: No. Injury, severe illness, or some local disease of the nail itself will leave white spots.

Cold Feet in a Healthy Person: What is the cause of cold feet in a healthy person? Is there a remedy?
Reply: Poorly balanced circulation, from disturbance of the vasomotor nervous control. Light weight, knitted, porous wool underclothing, with wool or silk stockings. Household temperature never above 65. Open bedroom windows in all weather. Five minutes daily stint of physical culture.

Join the Bread and Milk Club: Will deep breathing, dumb-bell exercise, short walks, once a day, one clear after supper, help a man of forty-five who is five feet ten tall and weighs 200? Reply: Meat three times a week, long walks, and membership in the Bread and Milk Club would be better.

Parache From the Nose: I am a boy of thirteen. Every time I have a cold I suffer from parache. Could you suggest a remedy?

Reply: The chances are that you have chronic disease of tonsils or adenoids, from disuse of the throat caused by a physician equipped for such practice.

THREE-HOUR SERVICE AT
ST. PAUL'S THIS AFTERNOON

Sacred Cantata, "The Message of the Cross," to Be Rendered by Large Choir To-Night.

Solemn Good Friday services will be held in St. Paul's Episcopal Church to-day, the first being a continuous three-hour service between the hours of 12 and 2 o'clock, and the second the rendition by the choir of a sacred cantata, "The Message of the Cross," at 8 o'clock this evening.

During the three-hour service, which represents the period that Christ was suspended on the cross, there will be seven brief addresses on the seven last words by the rector of the church, Rev. W. Russell Jones, D.D. Those who may find it impossible to attend the entire service can come and go as they please, and a general invitation is extended to the public to spend at least a portion of this very solemn period at St. Paul's.

For the rendition of the cantata this evening the large choir will be assisted by several well-known soloists, as follows: Mrs. E. F. Van Riper, soprano; Mrs. E. F. Barker, contralto; Joseph Whitmore, tenor, and H. D. Bryant, baritone. This is the first time that this wonderfully dramatic work, which is a musical setting of the last seven words of Christ, has been rendered in this city, and it promises to be an event of great interest to all music lovers of Richmond.

Robbery Reported.
C. Jacobini, 1538 East Main Street, yesterday reported to the police that his place had been broken into during Wednesday night and that \$7 had been stolen from the cash register. The burglars forced a panel of the front door and managed to reach through the opening and unlock the door. It is said. Nothing was stolen except the money.

Used Beer Bottle as Weapon.
W. E. Titmus, a bartender, was fined \$25 and placed under a \$100 bond to keep the peace for six months by Judge

WHY HAIR FALLS OUT

Dandruff causes a feverish irritation of the scalp, the hair roots shrink, loosen and then the hair comes out fast. To stop falling hair at once and rid the scalp of every particle of dandruff, get a 25-cent bottle of Danderine at any drug store, pour a little in your hand and rub well into the scalp. After a few applications all dandruff disappears and the hair stops coming out.

tee H. A. Maurice yesterday morning in Police Court, Part II, on the charge of hitting George Taylor over the head with a beer bottle.

Thirty Days in Jail.
Calhoun Tyler was sentenced to jail for thirty days from the Police Court yesterday, when convicted of stealing a lot of potatoes from Henry Melton.



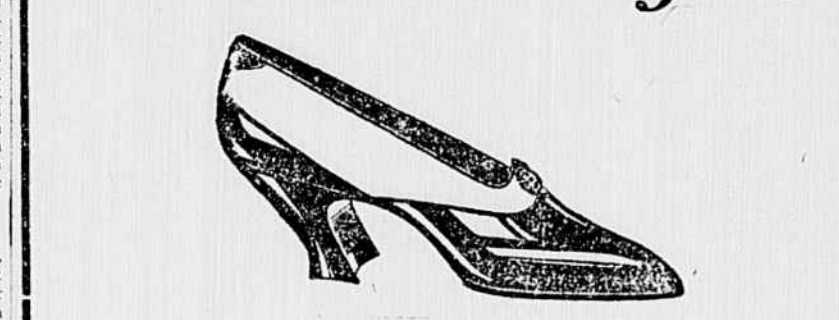
How
to stop dandruff
and loss of hair
with Resinol

Here is a simple, inexpensive treatment that will almost always stop dandruff and scalp itching and keep the hair thick, live and lusty.

At night, spread the hair apart and rub a little Resinol Ointment into the scalp gently with the tip of the finger. Repeat this until the whole scalp has been treated. Next morning, shampoo thoroughly with Resinol Soap and hot water. Work the creamy Resinol lather well into the thescap. Rinse with gradually cooler water the last water being cold.

Resinol Soap and Resinol Ointment daily heal eczema and similar skin eruptions. Sold by all druggists. For sample free, write to Dept. 27-S, Resinol, Baltimore, Md.

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ENTERTAINMENT AND
AMUSEMENT FOUND ON
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RECORDS.

"Chin Chin," both scenically and singularly, reaches the high-water mark of Broadway's popularity during the present season. It would be hard to pick out any one selection more "catchy" than another, therefore an entire light opera company has made a record of vocal gems from this musical comedy success. The public has also put its stamp of approval upon Mr. Herbert's production, "The Only Girl." Two of the most popular hits of music from this success—"Personality" and "When You're Wearing the Tail and Chain"—together with four other of the most melodious excerpts make an interesting companion piece to "Chin Chin."

Probably the man standing for the funniest fun on the American stage to-day is Al Jolson. Al Jolson and "Winter Garden Hits" mean the same thing. In "Bigger Susie's Sewing Shirts for Soldiers" is sweeping the country. This song is just as funny on a record as on the stage.